

REGISTRATION PACKET

Delaware Becoming an Outdoors-Woman (BOW) Program " October 3-5, 2014

Only one person may register per form. Please photocopy for additional registrations.

☐ New Participant (check box)



Participant must complete forms:

Page 1 Registration Form

Page 2 Session Selection.

Page 6 Lodging Info.

Page 7 Health/Emergency Form

Page 8 Liability Form

Registration will not be confirmed until all forms are complete!

Name: _____

Address: _____

City, State, Zip: _____

Telephone Number(s): _____


E-mail address: _____



T-shirt size (in ladies): _____




PLEASE BE AWARE: No refunds or cancellations will be given to anyone signing up for BOW, but if you are unable to attend after paying, you may send someone in your place.

ADVISORY: Past BOW attendees who are coming again this year: Please choose courses that you have not previously participated in, so that newcomers and other who have been waiting (sometimes for several years) to get into courses will have a better chance for taking part in them. Thank you!

Activity level keys:

 (minimal activity – mostly sitting or standing)

  (mild activity – walking)

   (moderate activity- requires moderate coordination)

    (strenuous activity – requires much concentration and coordination)

(Please return completed application to: BOW, De. Div of Fish & Wildlife, 4876 Haypoint Landing Rd Smyrna, DE 19977)

Concurrent Sessions - Please indicate your first (1), second (2), third (3), and fourth (4) choices for each session:

Friday, October 3rd - Session I (1:30-5 pm)

Saturday AM, October 4th – Session II (8-11:30 am)

	Outdoor Cooking		Fly Fishing Intro
	Ocean Kayaking		Gilled to Grilled (field trip)
	Camping 101		Birding 101
	Do-It-Yourself Aquatic Research		Surf-Fishing (license required)
	Tree ID		Archery
	Wild Edible and Survival Plants		Intro to Shotgun (field trip)
	Tour of Prime Hook Wildlife Refuge (field trip)		Cape Henlopen Nature Hike
	Hike to and Tour Fort Miles		Do-It-Yourself Aquatic Research
	Day Hiking in Delaware		Nature Photography—Part I
			Crabbing and Clamming

Saturday PM, October 4th – Session III (1:30-5 pm)

Sunday, October 5th – Session IV (8-11:30 am)

	Fly Fishing Expedition (field trip—license required)		Fire Making
	Wild Edible and Survival Plants		Ocean Kayaking
	Intro to Shotgun (field trip)		Birding 101
	Backpacking Adventures		Surf-Fishing (license required)
	Archery		The Amazing Geocaching Race
	Hunting Dog Demo with Turtle Creek Labs		Whooo's Living in your Backyard?
	Nature Photography—Part II		Wild World of Waterfowl
	Crabbing/Clamming		

**Workshop fee is \$150.00 to include instruction in all sessions,
program materials, and use of demonstration equipment, all meals, and lodging.**

Please make checks/money orders (NO CASH) payable to: Delaware Division of Fish and Wildlife - BOW.

Deadline for registration is September 1, 2014.

Please send the completed registration form (**Pages 1 & 2, and 6-8**) with
payment** to:

Delaware Division of Fish and Wildlife - BOW
4876 Hay Point Landing Rd., Smyrna, DE 19977
Telephone: (302) 735-8656; Tess Belcher – Coordinator
FAX: (302) 653-3431

****REGISTRATIONS SENT VIA FAX OR
EMAIL WILL NOT BE PROCESSED
UNTIL FULL WORKSHOP PAYMENT
IS RECEIVED.**

(Return this page)

The address for **Cape Henlopen State Park** is: 15099 Cape Henlopen Drive, Lewes, DE 19958. Directions can be found here: <http://www.destateparks.com/park/cape-henlopen/directions/index.asp>. Please do not contact the Park regarding the BOW program or with registration questions.

Workshop Schedule (keep this page)

Friday, October 3, 2014

10:30 AM – 11:30 AM	Registration
11:30 AM – 12:00 PM	Welcome and Instructions (BOW Planning Committee)
12:00 PM – 1:00 PM	Lunch (Silent Auction Begins)
1:30 PM – 5:00 PM	Session I Workshop
5:00 PM – 6 PM	Free Time and Snacks (good time to unpack and familiarize yourself with camp)
6:00 PM – 7:00 PM	Dinner
7:00 PM	Evening Activities

Saturday, October 4, 2014

7:00 AM – 8:00 AM	Breakfast (offsite sessions leave at 7:30—departure information will be posted at breakfast)
8:00 AM – 11:30 AM	Session II Workshop
12:00 AM – 1:00 PM	Lunch (offsite sessions leave at 12:30—departure information will be posted at lunch)
1:30 PM – 5:00 PM	Session III Workshop
5:00 PM – 6:00 PM	Free Time and Snacks
6:00 PM	Dinner
7:00 PM	Evening Activities

Sunday, October 5, 2014

7:00 AM – 8:00 AM	Breakfast (Silent Auction Ends)
8:00 AM – 11:30 AM	Session IV Workshop
11:30 AM – 12:00 PM	Free time for packing and clean-up of campsites and cabins
12:00 PM – 1:00 PM	Lunch - Door Prizes/Final Comments & Farewells from BOW Planning Committee

Morning and Evening Activities include:

Yoga














Stand up Paddleboarding

Wine Tasting

Crafts

BOW Fashion Show contest or,

Time for yourself to explore the park

Courses	Descriptions
NEW! Do-It-Yourself Aquatic Research 	Who doesn't love DIY? In this session, you will learn how to make your own research equipment and put it to use! Aquatic environments are highly dynamic and it can be challenging to monitor changes, whether they are natural changes or other. Our experts will take you on an adventure of discovery the will amaze you with the diversity of the ocean life at your feet.
NEW! Wild Edible & Survival Plants 	Learn how to identify, harvest, and use a variety of wild plants. Sample wild edibles, wrap inner bark fibers into cordage (rope), and discover how to select plants for matchless fire making.
Tour of Prime Hook National Wildlife Refuge 	This tour provides both walking and vehicle tours of the beautiful Prime Hook National Wildlife Refuge. Prime Hook's habitat features include salt marsh, freshwater marsh, ponds and impoundments, wooded swamps and upland grasslands and forest. Hundreds of native plant and animal species thrive in this mosaic of these diverse cover types that provide habitat for 308 species of birds, 51 species of fish, 45 species of reptiles and amphibians, 37 species of mammals, and an array of rare insect and plant species. http://www.fws.gov/refuge/prime_hook/
Birding 101 	Take this opportunity to learn to identify birds through behavior, field marks, & habitat while exploring the grounds surrounding Cape Henlopen State Park. Take home a complimentary field guide to further your study of birds. Binoculars are recommended but some will be provided.
Day Hiking in Delaware 	Participants will learn how to prepare for a hike, how to read a compass, topographical map and many other tips for an enjoyable hike. Course includes a booklet on hiking trails in Delaware. Instruction will include a hike around the grounds of Cape Henlopen State Park. Binoculars and camera are recommended.
Ocean Kayaking 	Learn the basics of sea kayaking in this session. Sponsored by Coastal Kayak, this course will cover paddling skills, trip preparation and safety. At least 2 hours will be spent on the water.
Cape Henlopen Nature Hike 	Join us for a discovery hike as we walk through coastal woodlands and dunes. We'll take a look at native and non-native flora and fauna along the way.
NEW! Gilled to Grilled 	Learn how to clean a fish and then cook it over the grill. This program will cover everything you will need to know to get your latest catch to the table! Participants will also have the opportunity to check out the lovely gift shop at the Indian River Life Saving Station. Hosted by volunteers from Delaware Seashore State Park.
NEW! Turtle Creek Labs 	For all you dog lovers out there, this dynamic program features demonstrations from some talented, dedicated and obedient friends—and we don't mean the instructors! Turtle Creek Labs specializes in training hunting dogs. These dogs love to show their stuff! Get training tips to try on your own 4-legged friends.
Wild World of Waterfowl 	From beak to tail, explore the fascinating world of waterfowl—the ducks, geese and swans that captivate us with their unique way of life. Learn about specialized feeding techniques, remarkable migrations, impressive mating displays, and distinctive vocalizations. Explore the interesting facets of waterfowl hunting as we look at decoys, calls, and blinds that aid the pursuit of these wily gamebirds. Our indoor session will introduce us to basic identification, behavior and biology of waterfowl, while our outdoor segment will focus on the observation and pursuit of waterfowl in the field.
Nature Photography—Part I 	Learn the basics of outdoor photography, including camera functions, proper exposure and light composition. Try out your new skills during an outdoor expedition. Participants should bring their own camera and laptop or tablet to share and display photos. We will share your photos with the group in a BOW slideshow.
Nature Photography—Part II 	Learn <i>more</i> about composition of photographs and advanced photography equipment. Practice taking photos of plants, wildlife, and scenic views as well as close-up images during your journeys in Cape Henlopen. Participants should bring their own camera, laptop or tablet. Although Part I is not necessary for this session, some camera and digital photograph experience is recommended. We will share photos with the group in a BOW slideshow.
Camping 101 	Through hands-on activities such as pitching a tent, participants will learn how to view wildlife, prepare for your camping trip and recreate while making minimal impact on natural areas. Leave No Trace outdoor ethics will be introduced in this session.

Activity Key



= Mild activity (little walking, some standing and sitting)
















= Moderate activity (walking, some hiking)



= Somewhat strenuous, requiring some coordination and fitness



= Fairly strenuous activity, requiring more coordination and fitness

Courses	Descriptions
Surf Fishing 	This session will introduce participants to the equipment and skills needed to become a successful salt water angler while enjoying the surf and the sand. Learn responsible catch-n-release and 4WD vehicle operation on Delaware's beaches. All fishing class participants need fishing licenses! http://www.dnrec.delaware.gov/fw/Services/Pages/Licenses.aspx
Crabbing and Clamming 	Join Captain Timmy and learn about shellfish that are recreationally important to the Delaware Bays. Check out prime habitat for the Blue Crab and Hard Clam, and try your hand at harvesting some of each. Program will include instruction on cooking and cleaning and participants will have an opportunity to taste their catch!
NEW! Backpacking Adventures 	Back country camping can be a challenging and yet rewarding activity. Although there is no "backcountry" in Delaware, this session will teach you about necessities, Leave No Trace outdoor ethics, packing light and easy "one pot meals" to keep you energized during your hikes. The session also includes some fitness tips to prepare for your adventures! Participants who choose may camp overnight in the primitive camping area to try out their new skills. If choosing to camp overnight, participants should bring a one or two person tent.
Fly-Fishing - Introduction 	Learn about the sport of fly-fishing to include casting, equipment, and fly-tying. There will be no actual fishing in this class but participants will get lots of practice using a fly rod.
Fly-fishing Expedition (Advanced) 	The fishing skills you have learned can now be used at a fishing pond to fly-fish. Take your fishing skills that you have learned and experience fishing at the freshwater pond. Rods will be available or you may bring your own. Also, participants must have previous fly-fishing experience or have taken the Introduction to Fly-fishing. All fishing classes participants need fishing licenses! http://www.dnrec.delaware.gov/fw/Services/Pages/Licenses.aspx
NEW! Hike & Tour of Fort Miles Historic Site 	Fort Miles is a special place for families, history buffs, veterans, or anyone interested in learning about the Delaware shore and WWII. After a beautiful beach hike to the Fort, we will take a tour of the Fort, enjoy an interpretive program and celebrate the "greatest generation" in our nation's history.
Outdoor Cooking 	Participants will learn how to take "Fish from Boat to Table" and "Wild Game From Field to Table" in this hands-on cooking course. Nutritional values will be discussed. Learn how to filet fish, clean game and prepare it for the table. Outdoor cooking techniques will be taught. Cast iron cookware will be demonstrated and participants will also learn about spices and herbs that can be used while cooking their fare.
Fire Making 	Learn the art of making fire without the use of matches. Imagine the impression you will make at your next family gathering when you show people how you can create fire without matches. This skill is sure to be an ice breaker at your next barbeque or at the very least it will secure you a place on the Island if you are on Survivor. Sponsored by Full Circle Awareness Center.
Shotgun-Beginning 	Participants will learn firearm safety and clay target shooting techniques through hands-on activities. Participants will ride to a near offsite location and will remain at sight for session. Van transportation will be provided. <i>**If you have taken this session in the last 2 years, please do not register again to allow others who have not taken this session before to register.</i>
Archery 	Through recreational target shooting, participants will try out various types of bows and arrows. As you fine tune your skills you will learn how to cluster your arrows and shoot at some unique targets.
Whooo's Living in Your Backyard 	Do you want to know who's living in your backyard? We will talk about how to identify common birds, how to attract birds and how to deal with squirrels. Join us to learn about enhancing backyard habitat, feeders, seed types, and other tools you can use. Take home a simple to make bird house and make homemade suet.
The Amazing Geocaching Race 	Geocaching...learn about this popular outdoor activity that combines the mystery of a treasure hunt with the high-tech of GPS satellite navigation in a world-wide game of hide and seek. Easy to learn, Geocaching is an activity that will take you to places rich in natural beauty, unique ecology and unknown history. This course will provide you with the basics needed to find and download geocache data to your GPS, how to read and follow coordinates to the hidden cache, and how to log your find. You will even have the opportunity to hunt and find a series of caches that have been placed on the grounds of Cape Henlopen specifically for your caching pleasure.
Tree ID 	Move over CSI! The Tree Detectives will take over here. Learn the skills necessary to identify trees in both summer and winter conditions. You will become familiar with our towering oxygen producers and construct your own leaf press to take home!



BOW Workshop Participant Name: _____

LODGING

If you do not wish to stay in the youth camps, contact Theresa.Belcher@state.de.us for a list of area hotels. Although we will attempt to obtain a group discount on hotel rates, the BOW registration fee does NOT include hotel accommodation fees nor can we adjust the registration fee for those staying in a hotel.

Please assign me to a barrack	YES	NO
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Participant Signature

Date

A note on session registration: Firearms, fly-fishing and archery classes are core components of the BOW program and are very popular every year. In order to give all participants a chance to enjoy these sessions, we ask that if you took any of these classes in 2013, that you register for something different this year. Thank you for your cooperation!

The applicant, by signing below, recognizes that the program involves some risk and that she/he takes responsibility for all action or injury that may result by participating. *The applicant also understands that once the registration payment and forms are received by the Division of Fish & Wildlife, that there are no refunds, but a participant may send someone in their place.*

Participant Signature

Date _____

Delaware's Becoming an Outdoors-Woman® Program

Participant Health & Emergency Contact Form

Name: _____



EMERGENCY CONTACT INFORMATION

Primary Contact

Name _____ Relationship _____

Address _____

Phone number (day) _____ (evening) _____

Secondary Contact

Name _____ Relationship _____

Address _____

Phone number (day) _____ (evening) _____

PRIMARY CARE PHYSICIAN

Physician's Name: _____

Physician's Address: _____

Physician's Phone number: _____

CONDITIONS THAT MAY AFFECT YOUR PARTICIPATION IN WORKSHOP

(Please check all that apply. Explain marked items below. This information will be used in the event of an emergency, not as an evaluation for selection of participants.)

_____ Allergies (circle all that apply: medications, food, bee sting, seasonal)

_____ Hearing and/or Inner Ear Condition

_____ Heart Condition

_____ Blood Pressure Concerns

_____ Diabetes

_____ Frequent Headaches or Migraines

_____ Intestinal Problems (frequent nausea, diarrhea, upset stomach)

_____ Sinus Problems

_____ Asthma

_____ Fainting/Dizzy Spells

_____ Skin Conditions (extreme sun sensitivity, allergic reactions)

_____ Epilepsy/Seizures

Other _____

MEDICATIONS OF WHICH BOW STAFF SHOULD BE AWARE:

(These are medications BOW Staff would want to report to trained medical technicians in the event of an emergency. This would assist trained technicians if they need to retrieve, administer, or have interactions with other medications.)



**DELAWARE DEPARTMENT OF NATURAL RESOURCES &
ENVIRONMENTAL CONTROL
DIVISION OF FISH & WILDLIFE**



**UNIFORM STATEMENT OF RESPONSIBILITY,
RELEASE AND AUTHORIZATION
TO PARTICIPATE IN
DELAWARE BECOMING AN OUTDOORS-WOMAN® PROGRAM**

Whereas, I desire to participate in the Becoming an Outdoors-Woman Program sponsored by the Delaware Division of Fish & Wildlife (DNREC), and the Division has approved my participation in the program during the period of October 3-5, 2014, I hereby agree as follows:

I assume full legal and financial responsibility for my participation in the program;

I grant the Division, its employees, agents and representatives the authority to act in any attempt to safeguard and preserve my health or safety during my participation in the Program including authorizing medical treatment on my behalf and at my expense;

I understand that the activities performed throughout the Program can be vigorous and require variable fitness levels. I attest and verify that I am physically fit to participate in the various activities offered through the Program. A medical examination and/or physician's approval is encouraged prior to starting any exercise/activity program.

Accident and health insurance are recommended for my participation in the Program and the Division encourages me to have appropriate insurance coverage for the specified time period. I understand that the Division is not responsible for injuries or health problems that may occur while participating in the Program or using any of the equipment.

I agree to conform to all applicable policies, rules, regulations and standards of conduct as established by the Division;

I understand and agree that my participation in the Program may be terminated by the Division with no refund of fees if I fail to maintain acceptable standards of conduct as established by the Division;

I understand and agree that the Division may make changes to the Program at any time and for any reason, with or without notice, and that the Division shall not be liable for any loss whatsoever to Program participants as a result of such changes;

I voluntarily indemnify and hold harmless the Division of Fish & Wildlife, its staff, its volunteers, employees, and agents from any and all liability, loss, damages, costs, or expenses (including attorney fees) arising out of my participation in the Program and which do not arise out of the negligent acts or omissions of an officer, employee, or agent of the Division while acting within the scope of their employment or agency;

I acknowledge that I have read this document and understand and accept its terms.

Participants Signature

Date

(Return pages 1 & 2 and 6-8)